



Leek and Broccoli Tartlets with Pancetta

READY IN



45 min.

SERVINGS



30

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup broccoli rabe dry finely chopped
- 1 tablespoon butter
- 1 large eggs lightly beaten
- 0.3 teaspoon kosher salt
- 0.5 cup leek light white green finely chopped
- 0.5 cup cream light
- 0.1 teaspoon nutmeg
- 0.3 cup pancetta finely chopped
- 0.1 teaspoon pepper freshly ground

30 athens phyllo shells miniature (two 15-ounce packages)

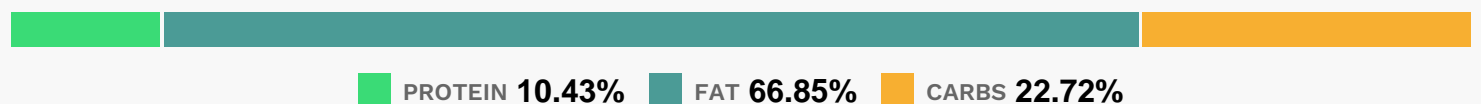
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat the oven to 35
- In a large skillet, melt butter over medium-low heat.
- Add the leeks and onions and cook, stirring occasionally, until soft (810 minutes).
- Remove from heat and set the mixture aside to cool slightly (about 10 minutes).
- Whisk together egg, cream, nutmeg, salt, and pepper in a bowl. Once the onion mixture is cool, add to egg mixture. Divide broccoli rabe and, if using, pancetta among shells. Fill each shell about 3/4 full with custard mixture.
- Bake until the custard sets (1015 minutes).
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.62130434487177%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 38.77kcal (1.94%), Fat: 3.05g (4.69%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.07g (0.08%), Cholesterol: 12.93mg (4.31%), Sodium: 46.84mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin A: 95.26IU (1.91%), Vitamin K: 1.6µg

(1.53%), Selenium: 0.95 μ g (1.36%)